



Neighborhood Falmouth  
 PO Box 435  
 Falmouth, MA 02541

Address Label

## April Neighborhood Happenings

### Neighborhood Falmouth Annual Meeting

Thursday, April 2, 10-11 AM at West Falmouth Library

All are welcome at our Annual Meeting. Members, call 508-564-7543 if you'd like a ride.

### Digital Navigation Introductory Session in partnership with FCTV

Tuesday, April 14, 10-11 AM at NF Office

Need help with your cellphone, smartwatch, tablet, computer...anything electronic? Join us and FCTV's Dr. Natalie Hruska to learn how the Digital Navigation team can help you. Space is limited; RSVP by email to [officemanager@neighborhoodfalmouth.org](mailto:officemanager@neighborhoodfalmouth.org) or call the office at 508-927-1678.

### Monthly Brew: Volunteer Connections & Information Session

Wednesday, April 22, 9-10 AM at NF Office

Stop by for our morning social & volunteer information session with coffee, tea, and assorted breakfast items. Bring a member, a friend, or a neighbor—all are welcome!

### NF Library Talk — Dr. Roger Landry: Search for & Science of Happiness in Older Adults

Wednesday, April 22, 1:30-2:45 PM at Falmouth Public Library Hermann Room

Join us at the library for a talk by Dr. Roger Landry, preventive medicine physician and author of award-winning *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. All welcome.

### Member-Volunteer Lunch — Pickle Jar Kitchen

Thursday, April 23 at 12:00

Food, fun, and conversation! Join our monthly lunch at a local spot. Order from the menu and pay for your own. Cash helps for splitting checks. RSVP to the office if you plan to be there.



## Neighborhood Falmouth News

April 2026

### A Note from the Office

Spring brings some new plans here in the office. As we work to better serve our members, volunteers, and the broader community, we plan to try some new things.

For example, we all know that technology has a big impact on how we communicate, manage our health, and access information, making digital literacy an essential skill at every age. For older adults, building confidence with devices and learning to manage digital assets can help simplify daily life while supporting connection and well-being.

Beginning April 14 at 10 AM, we will offer digital learning classes in partnership with the FCTV Digital Navigator program, which offers no-cost technology skills in group and one-on-one settings. In this first session, FCTV's Dr. Natalie Hruska will talk about how the program can help and how to access resources like laptops and affordable internet. Future topics include accessing health information, online banking and grocery shopping, using communication apps and social media, and more. And for members who are using one of the watches we've provided for fall detection and want to know how to use the watch more extensively...stay tuned, we can cover that too!

In other news, we've just held our first Monthly Brew, an open house, volunteer social, and volunteer information session all in one. Coffee, tea, and pastries were served along with some engaging conversation! Thanks to Bob Mascali for sponsoring this event. We hope to see you at our April gathering on the 29th at 9 AM—it's open to the NF and general Falmouth community. Members, if you'd like to join us, we can arrange a ride for you!

- Jamie and Sarah

P.S. Spring Gala tickets are on sale! We hope to see you at our big fundraiser on May 1! Call 508-927-1678 for info.



### Volunteer Spotlight: Annie Outlaw

By Bill Laberis, Volunteer

*Multidimensional. That word pretty much sums up Annie Outlaw and her varied life and interests. There is Annie the devoted wife to husband Griff, whom she met at 16; the equally devoted mother of four and grandmother to four, with another on the way; there's Annie, the daughter of a six-time PGA golf champion; the devotee of Korean television dramas and a budding Koreaphile; the avid global traveler; former dog groomer; former proprietor of a gardening shop; former hospital candy striper; avid cook; avid gardener; avid dog, cat, and pot belly pig lover; and life-long volunteer catering to the needs of seniors in whom she has always seen "so much grace and goodness."*

#### Q: What are the origins of your continuing service to seniors?

A: In high school I volunteered as a candy striper at Falmouth Hospital and spent a lot of time talking to and helping feed seniors. I found these people to be so easy to love and be kind toward. They had amazing life stories, which years later I still enjoy hearing in my work with Neighborhood Falmouth. Despite the loneliness and isolation many of them face, they still have so much to say and offer. I just love working with them. They've had such a positive impact on my life. One of those I visited with Neighborhood Falmouth introduced me to pottery making. Now I am in classes at the Falmouth Art Center.

#### Q: Are there other volunteer activities that have attracted you?

A: Yes, at a shelter for victims of domestic violence. I love to cook and did a lot of cooking for the moms there. It was certainly difficult at times but to help people in times of great need is its own reward.



Annie in traditional Korean Hanbok

*Continued next page*

**Q: What was your early life like?**

A: I was born in the Worcester area into a big family – six of us kids. In 7th grade we moved to the Cape where my father, a six-time PGA tournament winner, managed a golf course he had personally designed. My siblings and I grew up working and playing golf together, which was lots of fun and brings back fond memories.

**Q: What sorts of work did you pursue while tending to your own family?**

A: I operated a gardening shop in North Falmouth for a while, which reflected my passion for gardening. I've always loved animals (she has three dogs and recently lost her 26-year-old cat), so I worked for a while as a dog groomer and opened a doggie spa in my home. Over the years I've had numerous pets, including ponies and a pot belly pig, Tippy Toes, that had a knack for getting out and strolling the neighborhood. I'd lure it back with a trail of Cheerios.

**Q: You recently returned from a mid-winter pleasure trip to South Korea. Whatever prompted that trip?**

A: A few years ago, I got hooked watching these Korean drama series TV shows, with subtitles. I discovered there is something very respectful and almost healing in the demeanor of the actors. I literally began pondering life in different ways. This experience fed a desire to visit the country. So in January I went with a native Korean woman in town, who is a clothes buyer and a friend.

**A: Did the trip live up to expectations?**

Q: It was cold, very cold, but just an amazing and fulfilling experience. After a 16-hour nonstop flight, we arrived and stayed in a *hanok*, a traditional Korean home, in a neighborhood to get the best feel for the people. They were so wonderful to us all. And clearly treat one another with the same respect, talking to each other in calm tones. Seoul is a huge city that is spotlessly clean – no trash cans anywhere. People take their trash home.

**Q: Did you feel safe?**

A: Despite being a big city, I don't think I ever felt as safe as we did in Seoul. I had zero fear. We could literally leave our phones and purses on the table at a restaurant, freshen up, and have no worries that anything would be stolen. It's in their culture – they don't steal. We got all dressed up in hanbok, the traditional ceremonial clothing for special occasions. No guns allowed. I would presume there is poverty, but we did not see a single homeless street person. I'd go back today if I could and certainly hope to go again.



**Hearts  
Connected**  
**SPRING GALA**  
 FRIDAY, MAY 1 AT 5 PM  
 COONAMESSETT INN  
 311 GIFFORD STREET, FALMOUTH, MA  
 COCKTAILS, DINNER, LIVE & SILENT AUCTIONS  
 HONORARY SPEAKER REV. NELL FIELDS  
 TICKETS AT [NEIGHBORHOODFALMOUTH.ORG](https://www.neighborhoodfalmouth.org)  
 OR CALL 508-927-1678

*April Birthdays*

## Members

\*Michael Bihari 4/1  
 Marion Averbuch 4/2  
 Elin Kinney 4/3  
 Sheila McDonough 4/7  
 Kathy Bass 4/9  
 Susan Bolton 4/12  
 Tony Andrews 4/18  
 Marjorie Primavera 4/19  
 Virginia Compton 4/25  
 Shih-Wei Ling 4/25  
 Shih-Hui Ling 4/25  
 Betty Perrin 4/28

\*Both Volunteer and Member

## Volunteers

Rich Gorab 4/1  
 Margherita Perillo 4/4  
 Dorene Sykes 4/5  
 Janie Girolamo 4/5  
 Petra Breen 4/9  
 Dan Leader 4/12  
 Christopher Ludwig 4/14  
 Mary Pat Mackenzie 4/20  
 Helen Scally 4/20  
 Mary Sholkovitz 4/22  
 Kerry Fitzgerald 4/22  
 Mary Devlin 4/24  
 Holly Sundquist 4/25  
 Christine Way 4/30  
 Maggie Megaw 4/30

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 Royal Health Group Charitable Foundation  
 Dr. Gerald Roan, DMD  
 The Rossley Fund  
 TLC Private Home Care  
 Walmart - Falmouth  
 Waquoit Congregational Church  
 Woods Hole Foundation  
 Mary & Redwood Wright Foundation

## welcome

we are glad you are here

*our newest volunteers*

Jordena Backnick  
 Petra Breen  
 Rich Moore

*our newest members*

Debbie Cremin  
 Thomas Cremin  
 Cynthia Pina

**Your Falmouth community cares.**

If you or someone you know needs support,  
 you'll find a comprehensive list of helpful resources  
 all in one place right here:

<https://www.falmouthmasshelp.org/>





# Healthy Living for Older Adults



**By Dr. Michael Bihari**

Neighborhood Falmouth Board of Directors

*As we age, maintaining a healthy lifestyle, including good nutrition, appropriate physical exercise, and avoiding loneliness can be difficult for many of us. Each month, Neighborhood Falmouth focuses on a health topic of importance for older adults, supplies information about Aging in Place, and provides a healthy seasonal recipe.*

## Aging and Alcohol

Many of us enjoy a glass of wine with dinner or a beer or two while watching a game on TV. However, as we age we become more sensitive to the effects of alcohol. When I was younger I was able to share a bottle of wine with a friend during dinner without any obvious side effects. Now, at age 85, a half glass of wine significantly impacts my balance and cognitive functioning.

According to the National Council on Aging, “Alcohol use is common among seniors. Nearly half of older adults aged 65 and older report having consumed alcohol in the past year. They may have a drink at a social event or a party, to enhance their mood, or as a means of coping with a difficult symptom such as insomnia. Although drinking and alcohol problems are less common in older adults than younger people, alcohol use among older adulthood brings specific risks for seniors. As we age, changes to our body composition and our ability to metabolize alcohol mean that alcohol affects older adults more profoundly when they drink. Some evidence even suggests that older drinkers are less aware of these effects, even as they are experiencing them.”

Unhealthy drinking can lead to other problems over time, such as increased risk of falls, dangerous medication interactions, increased risk of cancer, and, in severe cases, liver disease and early mortality.



## Did You Know?

Alcohol affects women differently than men due to biological and hormonal factors, and these differences become even more pronounced with age. Women generally have a higher body fat percentage and lower body water content than men, so alcohol becomes more concentrated in the bloodstream. Women also tend to produce less of the enzyme that breaks down alcohol in the stomach, leading to stronger effects from smaller amounts.



Alcohol can have heightened risks for older women. Aging slows metabolism, so alcohol stays in the system longer. This increases sensitivity and the likelihood of impaired coordination, falls, and accidents. Older women are also more likely to take medications that can interact negatively with alcohol, including those for blood pressure, anxiety, or sleep.

Compared to men, women face a higher risk of developing alcohol-related health issues such as liver disease, heart problems, and cognitive decline—even at lower levels of consumption. Additionally, alcohol may worsen conditions such as osteoporosis, which is already more common in older women.

Overall, while moderate drinking may be relatively safe for some, older women should be especially cautious and consult healthcare providers about safe limits and interactions with medications.

For more information, see: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/women-and-alcohol>

## From Dr. Mike's Kitchen

*Spring has arrived and it's time to lighten up our diet. The following easy-to-make salad is healthy and a great accompaniment to some roasted chicken or a broiled salmon fillet.*

### Spring Slaw with Lemon & Orange Dressing

- 1 1/2 tablespoons lemon juice
- 1 tablespoon orange juice
- 1/2 teaspoon each lemon rind and orange rind
- 2 teaspoons olive oil
- 1 tablespoon water
- 1/8 teaspoon black pepper
- 1/8 teaspoon crush red pepper flakes
- 1/8 teaspoon salt, more to taste
- 2 tablespoons thinly sliced scallions
- 4 cups shredded Napa cabbage
- 1 cup thinly sliced red bell pepper



In a bowl, whisk together all ingredients except the vegetables. Toss the scallions, cabbage and red pepper in a medium bowl. Toss with dressing and serve. Each of the 2 servings has approximately 80 calories.

## Strategies to Cut Back on Drinking

If your primary care provider has suggested cutting down on alcohol, here are practical, evidence-based strategies that actually work:

**Start with your “why.”** Write down your reasons for cutting back—better sleep, more energy, improved health, or stronger relationships. Keep this list where you’ll see it.

**Set a clear limit.** Decide in advance how much you’ll drink. Traditional guidance has been no more than one drink per day for women and adults over 65—but that may still be too much for some people, especially those with certain medical conditions. When in doubt, less is better. Talk with your primary care provider about what’s right for you.

**Track your drinking.** For a few weeks, write down every drink—what, how much, when, and where. Most people are surprised by the patterns they uncover.

**Make your home a safe zone.** If alcohol isn’t in the house, you’re far less likely to reach for it out of habit.

**Build in alcohol-free days.** Aim for at least 2–3 days each week without alcohol. Consider taking a full week—or even a month—off to see how your body and mood respond.

**Plan for social situations.** You don’t need a drink in your hand to fit in. A simple “No thanks” is enough. If it helps, have a non-alcoholic option ready—sparkling water, alcohol-free beer, or a mocktail.

**Stay engaged.** Idle time is a common trigger. Fill your day with activities you enjoy—walking, volunteering, movies, classes, or hobbies you’ve been meaning to revisit.

**Watch your triggers.** Stress, loneliness, boredom, and certain social settings can all lead to drinking. Recognizing these patterns is the first step to changing them.

**Ask for support.** Let friends and family know what you’re trying to do. Their support can make a real difference.

**Expect setbacks—and keep going.** Most people don’t succeed on the first try. Slips are part of the process, not a failure. What matters is getting back on track.

Drinking in the USA is experiencing a significant decline, with only 54% of adults reporting they drink alcohol as of mid-2025, the lowest percentage in decades. One reason is the growing belief that even moderate amounts of alcohol are unhealthy. Major trends include the rapid rise of sober-curious, all ages reporting less drinking, and a pivot toward "no-and-low" (No/Lo) ABV beverages.